

## ABSTRACT OF THE DISCLOSURE

An optical recording medium includes a recording layer, a first dielectric layer disposed on the side of a light incidence plane through which the laser beam enters with respect to the recording layer, a second dielectric layer disposed on the side opposite to the light incidence plane with respect to the recording layer, a heat radiation layer disposed on the side of the light incidence plane with respect to the first dielectric layer and a reflective layer disposed on the side opposite to the light incidence plane with respect to the second dielectric layer, the recording layer containing a phase change material represented by an atomic composition formula:  $\text{Sb}_a\text{Te}_b\text{Ge}_c\text{Mn}_d$ , where  $a$  is equal to or larger than 55 and equal to or smaller than 70,  $c$  is equal to or larger than 4 and equal to or smaller than 10,  $d$  is equal to or larger than 10 and equal to or smaller than 20,  $a/b$  is equal to or larger than 2.8 and equal to or smaller than 3.5 and  $a/d$  is equal to or larger than 3.0 and equal to or smaller than 6.0, in an amount equal to or more than 95 atomic %.

According to the thus constituted optical recording medium, it is possible to simultaneously improve characteristics of recording data therein at a high linear velocity, data reproduction durability and storage reliability.